



Water your Mind!
Summer Reading 2010

Splish, Splash!

Water Sports & the Great Outdoors

SWIMMING

Total Immersion: The Revolutionary Way to Swim Better, Faster, and Easier
by Terry Laughlin with John Delves
(797.1 LAU)

Mastering Swimming
(The Masters Athlete Series)
by Jim Montgomery and Mo Chambers
(797.21 MON)

No Limits: The Will to Succeed
by Michael Phelps
With an unprecedented eight gold medals and seven world records at the '08 Olympics, Phelps explores hard work, commitment, and sacrifice that go into reaching any goal. (BIO Phelps)

BOATING & SAILING

Three Ways to Capsize a Boat:
An Optimist Afloat
by Chris Stewart
Rock fans will recognize Stewart as the original drummer for the band Genesis, but in this highly entertaining memoir he jumps into skippering a yacht in the Greek Islands – despite little experience at the helm. (910.45 STE)

Cruising Guide to the Hudson River, Lake Champlain, and the St. Lawrence River
by Alan McKibben (797.1097 McK)

SURFING

Saltwater Buddha: A Surfer's Quest to Find Zen on the Sea
by Jaimal Yogis
This journalist, photographer, surfer and Zen Master takes us through monasteries in France and along the shoreline of Hawaii in this coming-of-age search for surf and serenity. (294.3 YOG)

SCUBA DIVING

Dive Historic Lake Champlain: The Lake Champlain Underwater Preserves
Pick up a booklet from the desk or visit online at
http://www.lcmm.org/shipwrecks_history/uhp/uhp.htm

CANOEING & KAYAKING

A Kayaker's Guide to Lake Champlain:

Exploring the NY, VT & Quebec Shores
by Catherine L. Frank
(797.122 Fra)

The Northern Forest Canoe Trail:
Enjoy 740 Miles of Canoe and Kayak Destinations in NY, VT, Quebec, NH, and ME
(797.122 NOR)

Quiet Water NH & VT: AMC's Canoe and Kayak Guide to the Best Ponds, Lakes, and Easy Rivers
by John Hayes and Alex Wilson
(797.122 Hay)

Appalachian Mountain Club River Guide: New Hampshire & Vermont
by John Fiske
(797.1 AMC)

FISHING

Fishing Vermont's Streams & Lakes: A Guide to the Green Mountain State's Best Trout and Bass Waters
by Peter F. Cammann
(799.1 Cam)

L.L. Bean Ultimate Book of Fly Fishing
by Macauley Lord, Dick Talleur, and Dave Whitlock
(799.12 Whi)

OFF THE BEATEN PATH:

No Dribbling the Squid: Octopush, Shin Kicking, Elephant Polo, and Other Oddball Sports
by Michael J. Rosen with Ben Kassoy
(796.02 ROS)